

“OUTS AND ABOUTS”

All programs require advance registration and payment to confirm your participation. To sign-up please contact one of these offices: ITT Office at Bldg 115, West Ruislip x6516, (01895)61-6516, ITT Office at 7, North Audley x4368/4718, (0171)514-4368/4718. MWR Marketing Office Bldg 1400 Daws Hill, 235-5649, (01494) 79-5649.

Hot news, just sent off for 30 entry forms for the London to Brighton bike ride on Sunday, 17 June 01. Ring Ray Knight if you are interested x6560.

BRUGES, BELGIUM **SATURDAY, 3 MARCH**

Bruges is a compact city that is easily explored on foot or by bicycle (you can rent a bike from one of the local rental companies). But you will need comfortable shoes as many of the streets are cobbled. Of course, you can always take a romantic horse-drawn carriage ride or a leisurely cruise as a relaxing alternative.

Coach departs West Ruislip at 0600, North Audley St 0630, and returns around 0100 Sunday morning.

CRUFTS DOG SHOW **SATURDAY, 10 MARCH**

The biggest Dog Show of them all, “Crufts 2001” held over four days at the NEC in Birmingham. We will be traveling down on Saturday so you should see the best of the best, in the gundog group.

Bus departs CDC at 0800 and returns 1800. Pay your own entrance fee.

PORTSMOUTH **SUNDAY, 18 MARCH**

Portsmouth is the historical home of Britain’s Royal Navy. Walk around the Naval dockyard and see some of the Royal Navy’s finest ships. Visit H.M.S Victory, which helped defeat the French in 1805 at the Battle of Trafalgar, and see Henry VIII’s Tudor warship, The Mary Rose. Pay your own entrance fee on site.

Bus departs CDC at 0800 and returns at 1900. This trip is just to show you we once did a Navy?

COUNTRY WALK AND PUB LUNCH **SATURDAY, 24 MARCH**

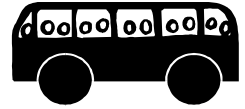
Let’s go out into the Chiltern Hills for a good walk (3 – 5 miles) to find an old establishment and a good pub lunch.

Bus departs outside CDC at 1000 and returns approx 1600.

LIBERTY (ACTIVE DUTY ONLY)

The LIBERTY program offers a variety of recreation programs and events for single active duty members E1-E6. The programs are designed to include special events, social activities, outdoor recreation, trips, tours, and skill development programs. These programs are targeted for unaccompanied active duty military. For program information, questions or suggestions contact the Liberty Program Coordinator, Kenneth Watson (01895) 61- 6754, fax (01895) 61-6622.

Call the MWR ITT office at (01895) 61-6516
RAF West Ruislip, or (0207) 514 4718 #7 North Audley to sign up.



BEQ SHUTTLE: On the following Saturdays, MWR will host a shuttle at 0900 from the BEQ to RAF Lakenheath to utilize base facilities. Space is limited and priority is on a first come bases. The sign-up roster is located at Kennington Barracks on the bulletin board (this is to be used by barracks residents only).

Eligible patrons not living in the barracks, wanting to be picked up at W/R at 0740 or N/A at 0815 may sign up by contacting the Liberty Program Coordinator.

LAKENHEATH SHUTTLE DATES

Saturday, 3 & 17 February
Saturday, 3, 17 & 31 March
Saturday, 14 April
Saturday, 5, 19 May
Saturday, 2, 16, June

HAMPTON COURT PALACE **SATURDAY, 10 MARCH**

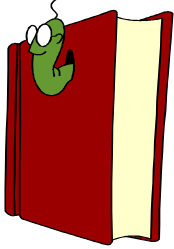
For over 500 years, Hampton Court Palace has stood serenely on the bank of the River Thames. Many important historical figures, including 12 monarchs, have fallen helplessly for her charm. Will you join them? One of Henry VIII’s most enduring passions was for the palace on the Thames. To this day, you can still experience the beauty that so enthralled him, as you stroll around six acres of magnificent buildings. Each and every corner will capture your heart. Experience Hampton Court Palace for yourself, you just may fall for her charm! The van departs RAF West Ruislip at 0800, departs & North Audley at 0830, and depart the BEQ at 0900. The van departs Hampton Court Palace 1600. The cost of this trip is free; pay your own admission into the palace.

ALTON TOWERS **SATURDAY, 7 APRIL**

Experience Britain’s biggest and best known Theme Park. If you are looking for a day packed full of excitement and fun, you will find it here. If you crave adventure and fun you certainly want be disappointed. There are rides suited to all ages. For the adrenaline junkies and thrill seeker Alton Towers is home to the world’s first vertical drop roller coaster “**Oblivion**”, truly the ultimate in white-knuckle rides. But that’s just the beginning; Alton Towers has two areas devoted totally to thrills seekers. In **X – sector** you’ll fall through darkness in **The Black Hole**, spin in all directions on the **Energizer** and **Enterprise**. Then move on to the Forbidden Valley to put your body through 4G’s on the **Nemesis**, followed by a rip – roaring time on **Ripsaw**. The van will depart RAF West Ruislip at 0700, departs 7

(Continued on page 21)

(Continued on page 20)



MWR - LIBRARY 7 NORTH AUDLEY ST., LONDON



Some 1,500 years ago a teenage boy from what is now Great Britain was kidnapped and enslaved by marauders from a neighboring country. Not since Paris absconded with Helen of Troy has a kidnapping so changed the course of history.

The invading marauders came from fifth-century Ireland. The teenager they captured eventually escaped, but returned voluntarily some years later. In the meantime, he had become convinced that he was handpicked by God to convert the entire country to Christianity. Apparently, he was right.

In the process of converting the people of Ireland, however, the former slave experienced a conversion, too. In the years that followed, he not only shared God with the people of Ireland, but also grew in his understanding of God through them. And so it was that a young Briton named Patricius died an Irishman named Patrick. And neither Ireland nor Christianity was ever quite the same.

Patrick is most known the world over for having driven the snakes from Ireland. Different tales tell of his standing upon a hill, using a wooden staff to drive the serpents into the sea, banishing them forever from the shores of Ireland. One legend says that one old serpent resisted, but the saint overcame it by cunning. He is said to have made a box and invited the reptile to enter. The snake insisted the box was too small and the discussion became very heated. Finally the snake entered the box to prove he was right, whereupon St Patrick slammed the lid and cast the box into the sea. While it is true there are no snakes in Ireland, chances are that there never have been since the time the island was separated from the rest of the continent at the end of the ice age. As in many old pagan religions serpent symbols were common, and possibly even worshipped. Driving the snakes from Ireland was probably symbolic of putting an end to that pagan practice. While not the first to bring Christianity to Ireland, it was Patrick who encountered the Druids at Tara and abolished their pagan rights. He converted the warrior chiefs and princes, baptizing them and thousands of their subjects in the Holy Wells which still bear that name. According to tradition St. Patrick died in A.D. 493 and was buried in the same grave as St. Bridget and St. Columba, at Downpatrick, County Down. The jawbone of St. Patrick was preserved in a silver shrine and was often requested in times of childbirth, epileptic fits, and as a preservative against the evil eye. Another legend says St. Patrick ended his days at Glastonbury and was buried there. The Chapel of St. Patrick still exists as part of Glastonbury Abbey.

Beanachtaí na Feile Padraig!

Lisa Adams

BOOKS OF INTEREST

929.1 BLA	Your Irish Ancestors
Loc.Int. 941.5 RAN	A Short History of Ireland
B PAT	Who was St. Patrick?
B McC	Angela's Ashes
821.04 COL	Poems from Ireland

NEW BOOKS

F DUB	House of Sand and Fog	Dubus, Andre
F GRI	Special Ops	Griffin, W.E.B.
F GRI	A Painted House	Grisham, John
F XIN	Soul Mountain	Xinghan, Gao (Nobel Prize for Literature)
359 DIS	First Class: women join the ranks at the Naval Academy	Disher, Sharon

We look forward to seeing you soon!



MWR AT THE MOVIEC

For the latest information on the movies, call the Movie Hotline at 01895-61-6562 or x6562



Center Stage

Friday, 2 March

1900 CHARLIE'S ANGELS "PG13" 98m

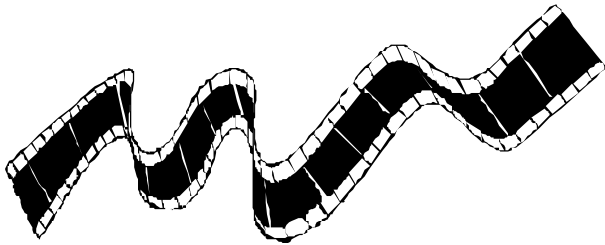
Drew Barrymore and Cameron Diaz

They're beautiful, they're brilliant and they work for Charlie. This updated re-make of the popular 1970's TV show has the crime-fighting trio rescuing a high tech millionaire. These Angels no longer carry guns; they must concentrate on their strength, martial arts and high tech gadgets instead.

2100 ALMOST FAMOUS "R" 120m

Billy Crudup & Francis McDormand

After his sister leaves him her record collection, a young boy sets off with an up and coming rock band to learn about life on the road for the musicians and the people who both support and envy them.



Saturday, 3 March

1900 MEET THE PARENTS "PG13" 108m

Ben Stiller and Robert De Niro

A young man, who wants to propose to his schoolteacher girlfriend, decides to ask her overprotective father for permission before popping the question. But winning dad over is not going to be as simple as it seems.

2100 GET CARTER "R" 102m

Sylvester Stallone & Michael Caine

A vicious mob hitman, who returns home for his brothers funeral, discovers that his brother was murdered and becomes determined to find the killer and get revenge. (Remake of the 1970's hit movie).

CONSTELLATION ROOM

For more information call 0171-514-4198. All movies start at 1800.

Tuesday, 6 March

1800 MEET THE PARENTS "PG13" 108m

Ben Stiller and Robert De Niro

A young man, who wants to propose to his schoolteacher girlfriend, decides to ask her overprotective father for permission before popping the question. But winning dad over is not going to be as simple as it seems.

Tuesday, 13 March

1800 GET CARTER "R" 102m

Sylvester Stallone & Michael Caine

A vicious mob hitman, who returns home for his brothers funeral, discovers that his brother was murdered and becomes determined to find the killer and get revenge. (Remake of the 1970's hit movie).

Friday, 9 March

1900 PAY IT FORWARD "PG13" 125m

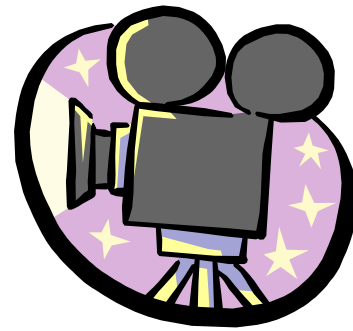
Kevin Spacey & Helen Hunt

When his social studies teacher gives his class an assignment to think of an idea that could change the world, Trevor McKinney takes on the challenge & invents a game called "Pay it Forward" where every time someone does you a favor, you do one for three other people.

2100 LOST SOULS "R" 102m

Wynona Ryder & Ben Chaplin

A young woman who survived an exorcism and has devoted her life to helping locate & save other possessed people discovers that she also knows of Satan's plan to return to earth. Now she must convince a young man that he has become the target of the most powerful demon of all.



Saturday, 10 March

1900 THE SIXTH DAY "PG-13"

NO SYNOPSIS AVAILABLE

2100 LUCKY NUMBERS "R" 108m

John Travolta and Lisa Kudrow

A TV weatherman and the state lotto ball girl conspire to rig the lottery drawing and then pick the winning numbers, only to find their plan complicated by an assortment of dimwitted or otherwise ruthless people who want a piece of the action.

DAWS HILL TEEN CENTER

For more information call 01494-79-5628. All movies start at 1900.

Friday, 2 March

1900 PAY IT FORWARD "PG13" 125m

Kevin Spacey & Helen Hunt

When his social studies teacher gives his class an assignment to think of an idea that could change the world, Trevor McKinney takes on the challenge & invents a game called "Pay it Forward" where every time someone does you a favor, you do one for three other people.

Friday, 9 March

1900 CHARLIE'S ANGELS "PG13" 98m

Drew Barrymore and Cameron Diaz

They're beautiful, they're brilliant and they work for Charlie. This updated re-make of the popular 1970's TV show has the crime-fighting trio rescuing a high tech millionaire. These Angels no longer carry guns; they must concentrate on their strength, martial arts and high tech gadgets instead.

FLEET AND FAMILY SUPPORT CENTER



The Fleet and Family Support Center offers a wide range of programs, services, and classes. **Registration is required for all FFSC programs.** To register for classes listed below or for more information contact the FFSC on x6500 (01895-61-6500). The FFSC has offices located at West Ruislip and on the 6th deck at 7 N. Audley. The N. Audley office is open by appointment only. The West Ruislip office is open daily from 0730 - 1600.

NEWCOMER'S ORIENTATION

March 6 - 9 (Tuesday - Friday) 0800 - 1600 Base Chapel, West Ruislip. A must attend for all newcomers! Three days of invaluable information; surprise luncheon on Tuesday; pub social luncheon on Wednesday; Community Mixer (great food - good company, door prizes) on Thursday, plus 4th day (Friday) includes a day trip to historical town of Windsor. To find out more about the class and to register (required), email Mike Sturges at sturges@cnauk.navy.mil or contact the FFSC at 01895-616500.

EMPLOYMENT IN THE U.K.

March 13th 0900-1200, Building 115 training room, West Ruislip. Would you like information on the U.K. job market or how to plan your job search or working for the U.S. government in Britain? What about where to look for jobs on the British economy and how to write a CV? If this interests you then sign up for the above class or call Patti Devlin on 01895-616500 for more information.

HOME BUYING

March 14th 1000-1200, Building 115 training room, West Ruislip. This workshop is designed for buying a home stateside. The participants will be provided with the information needed to buy a home that will best suit their family's needs and finances. Offers, contingency clauses, closing and pre-paid costs and types of mortgage loans will be discussed. To sign up call 01895-616500.

MUTUAL FUNDS

March 15th 1000-1200, Building 115 training room, West Ruislip. If your money is sitting in a savings account, you're not earning enough to beat inflation - not to mention taxes! Mutual Funds are an easy way to begin investing for your future. Learn about different types of funds, costs of investing and how you can increase your earning potential. Sign up at the FSC or call Patti Devlin on 01895-616500 for more information.

EXECUTIVE TAP

March 19-23 0900-1600, Building 115 training room, West Ruislip. This class is for all senior enlisted and officers planning on retiring from the military. For more information call Lisa Williams or Lola Bradshaw on 01895-616500 or e-mail Williams@cnauk.navy.mil

PCS SMOOTH MOVE

March 26th (Monday) - 0900-1500 - RAF West Ruislip, Bldg 115 - A full day seminar for military and civilians addressing the entire relocation process including household goods, POV shipments, customs, PCS entitlements, financial planning, TRICARE, emotional issues and much more. This class is designed for those departing within 4 - 6 months time frame (Jun - Sep). Registration required! - call FFSC on 01895-616500 or email sturges@cnauk.navy.mil.

OMBUDSMAN BASIC TRAINING

March 27 - 30 0800-1600, Building 115 West Ruislip. This training is open to all Ombudsman, Ombudsman Alternates, CMC's/Senior Enlisted Advisors, Chaplains and other interested active duty service members and spouses. For more information call Gloria Blevins on 01895-616500 or e-mail blevinsg@cnauk.navy.mil

JOB SEARCH USA

March 29th 0930-1200, 6th floor, 7 North Audley. This workshop is designed for those planning to return to the U.S. job market within the next 6-9 months. Join us for updated information on - Long Distance Job Search - Avoiding Job Search Mistakes - Resume Writing and much more. To sign up or for more information call the FFSC on 01895-616500.

SPONSOR TRAINING

March 29th - 0900 - 1100 - Blenheim Crescent - NAVACTUK Conference Room located on ground floor - Since January 2000, only 30% of 381 newcomer's have been completely satisfied with their sponsors. The top three reasons for not being completely satisfied are: (1) The command did not match the right person to sponsor; e.g, assigning a single person to sponsor a married couple with children. (2) Lack of concern on the part of the sponsor. (3) Sponsor did not have the right information/tools. We do not have any control over who is assigned a sponsor for whom, no one can force you to be concerned or committed to being good sponsor, that comes from within, but if you want to be the best sponsor you can be, sign up for Sponsor Training and we will provide you with the right tools and information to be successful. Registration Required -call FFSC on 01895-616500 or email sturges@cnauk.navy.mil.

VALENTINE PREP CLASS

BY GLORIA BLEVINS

Program Coordinator, Fleet & Family Support Center

The Fleet & Family Support Center and the Chapel teamed up recently to present a special Valentine's weekend PREP (Prevention and Relationship Enhancement Program) class to the Navy Community. Participants were welcomed on the Friday evening with a cheese and wine social followed by an introductory overview of PREP. The following day participants were given the opportunity to practice the communication techniques presented to them by the PREP facilitators, Chaplain Cox, Beverly Barron, FFSC and Gloria Blevins, FFSC. Following their full day of hard work the participants were treated to a special Valentine's dinner. Special thanks goes out to the PWOC, especially Karen Finley, JoAnn (and Tom) Reale, Rachel Anderson and Jackie Skipple for decorating the Fellowship Hall with beautiful flower decorations, balloons, and candles. Also a big thank you to Vincent Ennever and his team for catering our special Valentine dinner and not forgetting Bernie for providing great music (also allowing our participants the opportunity to try their hand at singing!!).



PEOPLE; OUR MOST VALUABLE RESOURCE; GUESS AGAIN!

BY MR MIKE STURGES-YEBERNETSKY

Relocation Program Manager

How many times have you heard the old sayings “People are our most valuable resource” or “We take care of our own”. Do you think most people believe these sayings? Well, the next time you are in the Sports Den & Bar, waiting in line at the bank or post office or visiting the exchange, ask the person next to you if this statement is true in relation to how well they were sponsored into the Navy London community. Chances are most folks will tell you that they were not completely satisfied with their assigned sponsor and were made to feel somewhat insignificant; not a feeling of being a most valuable resource or being taken care of.

“I am married with two children”, wrote one sailor. He added “My assigned sponsor was single and although he tried his best, he did not have the experience or answers that we needed from a family aspect”. Another sailor was more blunt, “I would not recommend my sponsor to sponsor anyone else!” “I was left to do and find out everything for myself”.

Since January 2000, only 114 out of 381 (30%) newcomers that have passed through orientation were completely satisfied with their sponsor’s performance. That means that 261 (70%) of the 381 newcomers found something lacking in their sponsor’s performance!

But what are the reasons for such a dismal rating? From where I sit, there are three main factors that will determine whether someone will end up being a good or not so good sponsor.

- q Selection of Sponsor – The majority of the newcomers point towards who was assigned as their sponsor and not how the sponsor performed as the main reason for dissatisfaction. “The command seems to have taken a disinterested attitude in selecting my sponsor” wrote one sailor. Assigning an individual who will be PCSing or out of the office on TAD quite a bit is not fair to either party. Commands should also ensure that the assigned sponsor matches the marital status of the newcomer, e.g, married couple to married couple, single to single, married with children to married with children! Assigning a single person to sponsor a married couple with children is setting that person up for failure.
- q Concern – Concern – Concern – The second most reason that newcomers were dissatisfied with their sponsors is that the sponsor showed no concern for their welfare! The old saying “Do it with a bit of grace or don’t do it at all” says it all! To be a good or great sponsor, you need to be committed to doing the best possible job for the newcomer. Assist the newcomer just like

you would assist your parents, brother, best friend or mother-in-law. Well, maybe not your mother-in-law! But you get the picture!

- q Information Base – The third most unpopular reason why newcomers were not satisfied with their sponsors; they did not receive the correct information! Or worse yet, they received wrong information! Not surprising; out of the 734 active duty military in the Greater London area (includes Daws Hill), we have only had 118 individuals receive Sponsor Training since January 2000; not 2001 but January 2000! The breakdown includes:

3 CDR’s, 3 LCDR’s, 10 LT’s, 1 LTJG, 94 enlisted (88 of which were in pay grade E-6 and below), and 6 civilians. It was therefore, no surprise to me to find out where most of the dissatisfaction was targeted! In Sponsor Training, sponsors receive the cookbook on how best to assist the newcomer. It is amazing to hear in the various parts of Navy London such comments as “I have been in the Navy for 15 years; I know all there is to know about how to be a good sponsor”. Sadly, this is the type of sponsor that will receive a less than satisfactory rating!

Question Time! Are people our most valuable resource? Are we taking care of our own? When I listen to the frustrations and comments made by newcomers each month at orientation concerning their sponsors, I would have to say, sadly, that I don’t believe these sayings to be true!

Is the person you may be sponsoring worth two hours of your time to get the right scoop on being a great sponsor?

The next Sponsor Training will be conducted in the NAVACTUK Conference Room; Blenheim Crescent at 0900 on Thursday, 29 March 2001. There is a limit to class size so registration is required! Call 01895-61-6500 or email sturges@cnauk.navy.mil to confirm your place!

I also provide Sponsor Training for command’s General Military Training (GMT)!

FLEET AND FAMILY SUPPORT CENTER AT 7 NORTH AUDLEY

Did You Know that the Fleet and Family Support Center has a representative on board at the FFSC office, 7 North Audley? Every Thursday from 0730-1500 for Information and Referral, questions and counseling by appointment. Stop by and see us WE DON’T BITE!!

